



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 29 No. 5

Winner 1991-92 Army Communities of Excellence Award

May 1992

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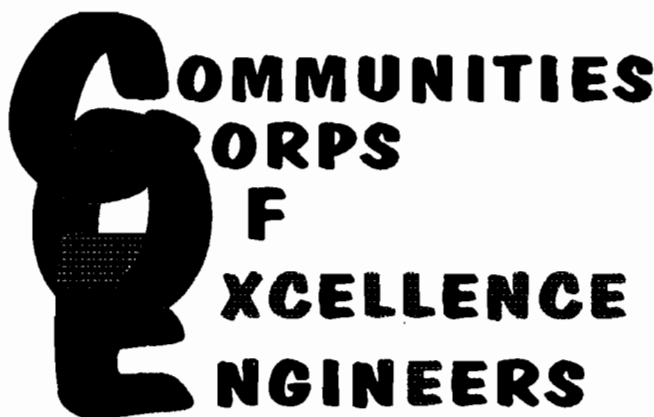
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St. Louis District wins! **Army Communities** **of Excellence Award**



The St. Louis District has won the 1991-1992 Army Communities of Excellence (ACOE) award in the special category of installations with less than 2,000 employees. The award brings a trophy, a flag, and, most important of all, a check for \$75,000 to be used in any way the District sees fit to improve the working conditions of its employees.

The mission of the Army Communities of Excellence program is to improve the environment, services and facilities and overall working and living conditions of Army personnel and their families and civilian employees. It encourages new ideas and initiatives for getting the job done.

The St. Louis District was one of four finalists, three of whom are in St. Louis. The other St. Louis finalists were the Army's Systems Integration and Management Activity, which is located in the same building with the St. Louis District (the newly renovated and renamed Robert A. Young Building), and the U.S. Army Reserve Personnel Center in St. Louis County. The other finalist was the Corps' Huntsville Division in Alabama, which came in second.

In September 1991 the St. Louis District submitted their nomination package which described the District, its missions, facilities and people programs.

(Continued on page 9)



View from the top -



COL James D. Craig

Partnering... is a viable concept in virtually everything we do.

Let me start this month off with a big CONGRATULATIONS to all who helped in the Army Community of Excellence competition this past year. The Chief of Staff of the Army announced a few weeks ago that the St Louis Engineer District was the Army's winner for the special installation category. That is out of all in the category for the entire Army. In spite of our frustrations and difficulties, you have been judged to be the best! You should all be very proud.

As many of you know, I am an avid supporter of the concept of Partnering. We in the Corps normally think of this as a construction contractor relationship. In my mind, it is a viable concept in virtually everything we do. For example, there is an internal partnership between the Contracting Division and each of our lakes. The lake staff is the customer of contracting. The service provided is an executable contract. How successful this partnership is depends on the communications and understanding between the two offices. If they truly understand each other and communicate effectively, there will develop a sense of trust between the two, and an effective working relationship. If not,... As a wise man once said "The man who trusts men will make fewer mistakes than he who distrusts them". Communications, understanding, trust, quality products, and customer satisfaction are the cornerstones of Partnering. We all need to embrace the concept and make it an integral part of all we do in the District.

Keep up the good work. Remember that the restructuring we are now in the middle of will put us in a more viable position as a District. Keep your sense of humor, and keep the good ideas flowing. I love good, practical ideas to improve the District.

See you all at the District picnic!



**US Army Corps
of Engineers**
St. Louis District

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Hasenfuss Riverlands gets award orientation facility



Park Ranger Angela Hasenfuss receives the Region V Excellence in Interpretation Award from Illinois Congressman Richard J. Durbin. Looking on is Carlyle Lake Manager Al Le Grand.

The award is given by the National Association for Interpretation Region V. Region V covers the states of Illinois, Iowa, Minnesota, Indiana and Missouri. Region V annually awards only five awards for their region.

Although she has been a member of the Carlyle Lake Interpretation staff for only two years, Angela has succeeded in improving the quality of the special events programming at the lake. It is with great pride that the Carlyle Lake Staff is able to recognize the service and dedication Angela has shown.

Puricelli says thanks

Thank you for the cards, donations, calls, visits and kind expressions of sympathy we received after the death of our mother. Your thoughtfulness is sincerely appreciated and will be remembered. Your kindness was a comfort to us during our time of sorrow.

Sincerely,
Pete and Rosemary Puricelli
and family

The Riverlands Visitor Orientation Facility is open for its spring schedule Friday through Monday from 9 a.m. to 4 p.m. The facility is adjacent to the Riverlands Area Office and the Melvin Price Locks and Dam. Exhibits focusing on the interpretive themes of the area are on display as well as artwork from education programs that have been conducted by Riverlands staff. The Riverlands Association is operating a bookstore from the facility.

All tours of the locks and dam and the EDA begin with an orientation at the facility. Visitors can preview "Opening the Waterways" video to get an overview of the inland waterway navigation system and the locks and dams on the Mississippi, as well as view education videos in the facility. The facility will also be used for environmental education programming with the St. Louis Partnership Program and area school systems.

The Orientation Facility will be open additional hours from Memorial Day to Labor Day.

Earth Day Clean



Thirty-four Corps volunteers worked hard on Earth Day, April 22, to "beautify" Poplar Street from the entrance gate of the parking lot down to Seventh Street. Everything imaginable, and some things unimaginable, lay on the sides of this short stretch of sometimes forbidding roadway; from railroad ties, lumber and an automobile windshield, to firehose lengths, certain undergarments and the "occasional" liquor bottle.

Along Poplar Street, the piled trash bags and debris offered mute testimony to the magnitude of the task just performed by such a small group. There was enough to fill a dump truck, a pickup and a 20-foot flatbed trailer.

Trash crew, we salute you.
Kenny Rogers

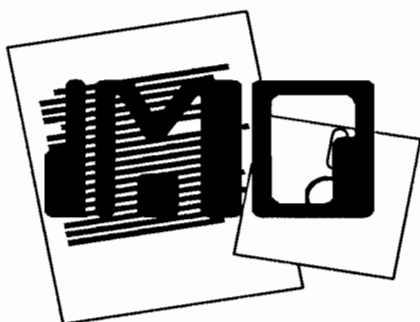
Garren re-elected to SITC Board

Rachel Garren, OD-R, was re-elected to serve on the executive board of the Southern Illinois Tourism Council (SITC). The State of Illinois is divided into four tourism regions. SITC promotes tourism and coordinates efforts of all tourism organizations in the southern 35 counties as they relate to regional and statewide tourism marketing objectives.

Other District rangers that

participate in SITC as members are Ray Zoanetti, Rend Lake, Jackie Brachear, Franklin County and Rend Lake, Andrea Pickard and Kim Mayhew, Carlyle Lake.

Lake Shelbyville is the only Illinois facility in the St. Louis District that is outside SITC borders. Park Ranger Maria Shafer represents Lake Shelbyville for their membership in the Central Illinois Tourism Council.



Videotape: Will it stand the test of time?

Videotape. We all have it. We all use it. We all see it every day... and most of us store it in hopes of reusing or recycling it in the future. But, do we know how long it will last?

Videotape is a fast-food medium: use it, reuse it, throw it away (the "it" being the images). Videotape is for life in the fast lane. Immediacy. Pop it in. Shoot. Play it back.

Extensive research is underway and efforts are being coordinated with archiving organizations and manufacturers world-

wide to create standard testing methods to determine the life expectancy of videotape and videotaped images. Organizations responsible for these efforts are ANSI, Audio Engineers Society, Rochester Institute of Technology, the National Archives, UNESCO and the National Center for Film and Video Preservation.

To keep your videotape in the best shape possible, follow this advice. Don't expose videotape to: creasing, edge crushing (on open reels), scraping, dust, touching, grease, spilled food and liquids, cigarette smoke, heat over 60 degrees, humidity above 45 percent, magnetic fields (bulk tape erasers, electric lines, fluorescent lights, magnets, motors, etc.), storing tape horizontally, staying in pause more than three minutes, failure to cycle through the tape from beginning to end once a year, recording at the very beginning of a tape, direct sunlight, a warm VCR if the tape is very cold, a very cold VCR if the tape is warm.



Suggestion highlights

The second quarter ended with 20 adopted suggestions resulting in more than \$28,000 in Tangible Benefits. Almost one-third of the ideas dealt with safety.

The highest award of \$1471 went to John Hickam, OD-RP, followed by Terry Oltman, OD-RP who earned \$270. Sharon Cotner and Woodrow Sandlin each earned \$250 in cash awards and several other employees were given cash awards of \$25 to \$100. Cash awards for the Second Quarter totalled \$3109.

Congratulations to all suggesters whose ideas were adopted. Keep looking for new ideas and submit them to Marge Hurst, CELMS-RM-M.

A People at War

If you haven't viewed the exhibit "A People at War" in the RAY Building main lobby, it will be worth your while to do so.

The exhibit was prepared from documents in the custody of the National Personnel Records Center in St. Louis. These documents have been supplemented with related pictorial material from the collections of the National Archives.

The exhibit covers the events leading to the outbreak of war, the

Pearl Harbor attack, the defense of the Philippines, how the United States reacted as a country, the battle for Guadalcanal, how the "homefront" supported the war effort, Afro-American fighting men, the air war in Europe, the war in the Pacific, D-Day, the Battle of the Bulge, and how the war came to an end.

"A People at War" will be on display in the RAY Building through May 22.

The Army Ideas for Excellence (AIEP) logo has been developed for Army-wide use and will be the universal design representing the AIEP. The spearhead creates a momentum for progress. The ribbon at the bottom symbolizes the pride and rewards which come to those who participate in the program. The star represents Army excellence.

Quotes

If you strive for quality of life first, standard of living invariably goes up. If you seek standard of living first, there is no guarantee that the quality of life will improve.



Fly and save with LMO travel

The Logistics Management Office and Carlson Travel Network work together to provide the most economical, cost effective ways to obtain transportation.

With all of the new rates being established at this time by the airlines, we are constantly comparing the PUBLISHED NON-PENALTY fares verses government contract flights. If we can obtain better rates using newly published non-penalty fares, we will do so. There are

also some rates published with a \$25 non-refundable published rate that may be used.

If you have any questions, please contact Charlene Boecklen at 331-8029 or Carlson Travel Network at 421-0500.

New software

LM, IM and OD will be Partners in Progress by fielding special CE required software to enhance the collection of data and preparation of reports for higher headquarters. More importantly, this software will help field offices manage resources:

PVIM (Project Vehicle Information Management) POC: LM-T Cindy Morales

DYNASTAR II (Maintenance Management System) POC: LM-T Fred Layne

APPMS (Automated Personal Property Management) POC: Barry Lloyd (Field Sites)

GSA prices, lower?

GSA has just reported the completion of a cost study comparison. Compared were GSA

prices to those of several leading private sector companies for 15 typical commodity items.

The comparison revealed that private sector prices were an astounding 37 percent higher.

However, it should be noted that the new FSS Stock price reduction to \$16.33 of copier paper is NOT included in this comparison. If it were, the results would have indicated a savings of several thousand dollars per annum.

LATERAL FILE CABINETS - FSS QUICK SHIP PROGRAM

GSA has announced that 4 & 5 drawer lateral files, 36 inch and 42 inch, in both black and parchment colors, are available in FSS Stock Program (manufactured and on vendors' stock shelves) and can be available to "Quick Ship" with arrival in about 30 days.

Cabinets can be requisitioned in the usual way with normal approval cycle of IM and LM. Please include specifications and measurements in the item description.

Women's Army Corps - 50 years

Women have contributed to the mission and professional competence of the United States Army from the Nation's birth. Fifty years ago this long-standing relationship was formalized with the establishment of the Women's Army Auxiliary Corps, the first milestone in the integration of women into the Army.

The Army has come a long way since those early days when women could comprise no more than two percent of the force and could not aspire to serve as a general officer. Today, women serve in over ninety percent of the Army's career fields and several women have served with distinc-

tion as general officers. Army women continue to progress as commanders, first sergeants and command sergeants major in increasing numbers, excelling both in war and in peace.

The Army will celebrate the 50th anniversary of the Women's Army Corps from May 13 through May 16, at the Corps historic home station, Fort McClellan, Alabama. During this period, we pause to salute Army women who today serve the nation proudly and to pay tribute to their predecessors who first opened the doors to opportunity by their professionalism and perseverance.

Golf Tournament

The 11th Annual LMVD "Essayons Classic" Golf Tournament will be held June 25 and 26 at Pickwick Landing State Park, Tennessee. Entry fee is \$70, which includes green fees, cart share, and prizes. It does not include the practice round on June 24.

There will be a cookout at \$10 per mouth. Cookout fee must be paid with entry fee.

May 8 is the last day to reserve lodging at the Pickwick Landing Inn. June 12 is the last day to enter the tournament.

Contact Mike Kruckeberg at 331-8589 for further information.



On The Soapbox

Around the District

Terry Norris, PD-A, spoke to 50 3rd graders in the Hazelwood School District about Archaeology of the St. Louis area. He also spoke to 45 members of the Illinois Association of Professional Engineers about recent archaeological finds in the St. Louis District.

Riverlands Office

Tours of the Riverlands Area, which includes the Melvin Price Locks and Dam and the Environmental Demonstration Area (EDA), have increased through the Spring schedule. The Visitor Services staff is greeting about three groups a week. Kathy Weir, Julie Ziino and Riverlands Association Staffer, Sherry Droste, conducted a Wetland Orientation and Tour for 100 4th, 5th, and 6th graders from Attacks/Alta Sita schools.

Park Ranger Julie Ziino met with the Theta Sigma Association for an offsite program to orient the group on the Riverlands. This prepared them for their tour of the EDA with Park Ranger Ron Fisher.

Park Rangers Lawrence Williams, Ron Fisher and Julie Ziino, along with stay-in-school employees Charlie Deutsch, Jesse Stevens and Rocky Horrichs, and Riverlands Assoc. employee Sherry Droste, spent seven periods at the Crestview Junior High School holding a hands-on Earth Day Fair. They greeted 1,000 students.

Clarksville Office

Sue Mueller spoke to residents of the Maple Grove Lodge about the Corps' role along the Mississippi.

Anne Vieira spoke to the Bowling Green Lion's Club about the Corps' environmental initiatives.

Stay-in-School Michelle Carr spoke to area Cub Scouts on the lock and dam system.

Sue Mueller and Anne Vieira staffed an exhibit on the bald eagle at a local grade school as part of the Earth Day celebration. Almost 2,000 students saw exhibits by state and federal resource management agencies.

Mark Twain Lake

Park Manager Dennis Foss was a guest speaker at the Annual Mark Twain Lake Development Association banquet held at the Hannibal Holiday Inn. Dennis gave a lake update to about 150 guests. He also presented a lake economic update at a noon luncheon for the Vandalia Kiwanis Club.

Park Ranger Maureen Curran did a program on "Wetlands" at the Missouri Geographic Alliance Conference held at Hannibal LaGrange College. Many of the teachers present attended a 2-hour tour of the wetland areas at the lake hosted by Park Ranger Kevin Curran.

Park Ranger Chuck Crocker kicked off a series of scheduled wetland programs at area schools with programs at the Palmyra Middle School. He gave the fifth graders information on the plants and animals that inhabit wetlands with special emphasis on endangered species.

Park Ranger Diane Hellhake manned a booth at the Paris High School Farm Appreciation Days. Park Ranger Allen Mehrer developed and manned a booth for Wildlife Day held at Chaddock School in Quincy, Illinois.

Lake Shelbyville

Park Ranger Maria Shafer has begun speaking on the weekly radio program "Talk of the Town." During the show Maria informs listeners of activities at the lake along with fishing and camping information and safety tips.

Rend Lake

Park Ranger Ray Zoanetti was a guest instructor for the Illinois Department of Tourism's Training Program for Welcome Center Operators in Springfield, Illinois. He spoke on the role of the Corps of Engineers as a recreation provider and on tourism in the Rend Lake area.

Park Ranger Mark Roderick has been presenting a series of boating safety talks to the employees of Illinois Power in Southern Illinois.

Careers in conservation was Park Ranger Margaret Ellis's topic for 100 grade schoolers at the Thompsonville Career Days. Also Ray Zoanetti talked about careers with the Corps to interested college students at the Rend lake College Career Fair.

Lake rangers offered visitors 13 different programs in May. Bus tours to the lake have increased, prompted by the State of Illinois' emphasis on bus tours with tourism promoters. Lake rangers often act as guides when tour buses are in the lake area.

Carlyle Lake

Park Rangers Angela Hasenfuss and Kim Mayhew were exhibitors in the 1992 Career Fair sponsored by the Marion, Clinton and Washington Counties Regional Delivery System for Vocational Education and Kaskaskia College. The
(Continued on next page)



News Briefs

River Cleanup Week

Several Riverlands Adopt-A-Shoreline volunteers tackled trashy shorelines during National River Cleanup Week, May 2-10. Also The Piasa Bassmasters cleaned Eagles Nest Island on the Mississippi April 25. The Jersey Community High School cleaned the area around Gilbert Lake on the Illinois River May 2. On May 3 the Great Rivers Chapter of the Illinois Audubon Society cleaned Portage Island on the Mississippi.

Prospect course

The Prospect Course "Wetlands Development and Restoration" was held at the Riverlands Area Office. During the course about 30 acres of bottomland was reforested. Selected areas on the Riverlands Environmental Demonstration Area were planted with aquatic plants to provide food and cover for wintering and summering waterfowl. About 200 feet of shoreline on Ellis Bay were protected from erosion using brush matting, wattling and shoreline erosion mats.

Ducks Unlimited meet

About 35 members of the Meramec River Ducks Unlimited Club held their annual meeting at the Riverlands Visitor Orientation Facility. Members of the group will be monitoring wood duck boxes placed in Ellis Lake.

Chaonia Landing

Phase I of Chaonia Landing Rehabilitation at Wappapello Lake opened for public use on May 2. Phase I includes a new boat ramp

and parking area. Phase II includes upgrade of an existing parking area. Phase II should be complete by August.

Exhibit at Rend Lake

The elaborate traveling exhibit, "Biodiversity in Illinois" was installed in the Rend Lake Visitor Center by the Nature of Illinois Foundation for a three week period starting May 17. The exhibit is designed for use by school groups and was on hand for the Earth Day 1992 activities at the lake.

Hunter safety

Twenty-nine young people were instructed in firearm safety and conservation by Corps rangers during a two-day Hunter Safety Certification Course at the Rend Lake Visitor Center.

Shelbyville wetland

A seven acre wetland has been created in the northeast end of Lake Shelbyville. The wetland will provide valuable habitat for waterfowl and other animals year round.

Gidcomb returns

Bill Gidcomb, Maintenance Supervisor at Lake Shelbyville, has recently returned from American Samoa. Bill, Charlie Dees from Rend Lake and six others from various Corps districts were in Samoa to assist with damage survey reports on public housing as a result of Hurricane Val. The group was activated on January 31, completed their reports and were back at their regular jobs by February 21.

Bald eagle chicks

Two bald eagles have successfully hatched from the nest located in the vicinity of the Tamalco Boat Access area on Carlyle Lake. A contest to name the two eaglets is underway at local grade schools in conjunction with programs on endangered species and their protection.

McClendon baby

Danny McClendon, RD, and wife Eileen, are proud parents of a baby boy born April 6. Newborn Kyle McClendon weighed in at seven pounds, five ounces.

Art displays at MTL

The Mark Twain Lake Visitor Center recently hosted art displays by the Holy Rosary School in Monroe City and Palmyra Elementary School.

Soapbox Continued

rangers distributed information on employment with the Corps of Engineers.

Assistant Park Manager Dick Conner was the Keynote Speaker for the Effingham Ducks Unlimited Chapter's Annual Banquet. His speech dealt with wetlands conservation, and the role of the sportsman and conservationist.

Wappapello Lake

Park Ranger Andrew Jefferson, Sr., conducted a live radio interview on KMPL out of Sikeston. (Continued on page 15)



\$ – Promotions & Incentive Awards – \$

PROMOTIONS:

Alvin Sumler, CASU
Kathleen Sounders, CT
Loretta Jenner, CT
Sandor Dombi, ED
Kelly Flinn, ED
Linda Gardner, ED
Patrick Kuhne, ED
Steven Johnson, IM
Charlene Boecklen, LM
Margaret Robbins, OD
Kathleen Steinlage, PD
Anne Woodrome, PO
Sharlene Caulley, RE

EXCEPTIONAL RATINGS:

James Schoolcraft, CD
Irene Flippen, CD
John Poullain, ED
Paul Roberts, ED

Richard Hagan, ED
Linda Wichlan, ED
Robert Holt, ED
John Helfrich, ED
Charles Rhoads, ED
Deborah Kuhlmann, IM
Maureen Wagner, LM
John Hipes, OD
Leo Fortman, OD
Peggy Gravot, OD
Alvin Lookofsky, OD
Donald Brown, OD
Roger Hayes, OD
Anne Woodrome, PO
Margaret Hurst, RM
Helen Schleipman, RM

PERFORMANCE AWARDS:

Tracie Tally, CASU
Gloria Miles, CASU
Thomas Gardner, CD

Edward Pelc, ED
David O'Connell, ED
James Fox, OD
Joseph Smothers, OD
Gary Stilts, OD
John Stone, OD
John Hickam, OD
Margaret Hurst, RM

SPECIAL ACT AWARDS:

John Miller, CD
Frank Humphrey, CD
Larry Green, CD
Russell Higgins, CD
Lori Weber, LM
Maureen Wagner, LM
Charlene Boecklen, LM
Donald Brown, OD
Maureen Curran, OD
Thomas Keevin, PD
Donald Sweeney, PD

District Volunteer Program

National Volunteer Week, April 26 - May 2, 1992, was a special time to recognize volunteers throughout the country. The theme this year was "Volunteers - Hearts at Work."

The Corps volunteer regulation has been recently updated. Basically, volunteers are eligible to perform any duties which are performed by Corps employees or contractors, except policymaking or law or regulatory enforcement.

In 1991, a total of 2,657 individuals were volunteers throughout the St. Louis District. They contributed more than 28,000 hours and more than \$306,000 in service. Our average incidental expenditure was less than \$1 per person.

These volunteers have provided invaluable service to the Corps and to the public. They volunteer either as an individual or in organized groups. A Naval Reserve

Unit of Sea Bees has served Lake Shelbyville for one weekend per month since 1980. Sesser Valier High School Outdoorsmen Club has sponsored the special deer hunt for the disabled at Rend Lake for more than eight years. Local Lions Clubs have sponsored the special hunting programs for the disabled at Mark Twain Lake for the past five years.

Outstanding individual volunteers include Mrs. Carolyn Damron, who has served since 1984 as a receptionist at Wappapello Lake on weekends during the recreation season. Also, Mr. Andy Craig who decided to spend time during his retirement working every Thursday for Lake Shelbyville's maintenance department. These are just a few of the dedicated and dependable individuals who have contributed their talents over the years.

The updated ER 1130-2-432, The Corps of Engineers Volunteer Program, dated Feb. 1, 1992, provides policy and procedural guidance on accepting the services of volunteers. The Corps objective is to utilize voluntary services having some value to the Corps in a manner mutually beneficial to the volunteer and the public interest.

For further information on proper procedures for working with volunteers contact the District Volunteer Coordinator, Rachel Garren, CELMS-OD-R at 331-8624. There are several publications available to assist you in establishing and maintaining a productive volunteer program, i.e., "A Volunteer Coordinators Handbook," "Volunteering for the U.S. Army Corps of Engineers," "Techniques of Supervising Volunteers" and "A Volunteer Guide to Working Safely."



Asian/Pacific American Heritage Month

By Rudi Williams
American Forces Information
Service

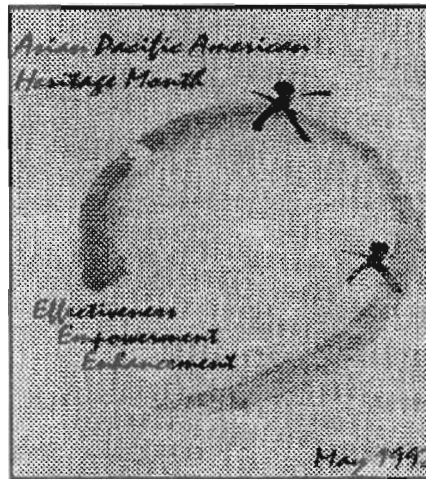
In 1991, Congress' Joint Resolution 173 designated May 1991 and 1992 as Asian/Pacific-American Heritage months.

May was chosen to highlight the culture, heritage and contributions of Asian- and Pacific-Americans because significant events pertaining to their struggles in their adopted country occurred during the month.

* May 7, 1992, marks the 149th anniversary of the arrival of the first Japanese immigrants to America in 1843.

* May 8, 1992, is the 123rd anniversary of the driving of the "golden spike," which symbolized the completion of the nation's first

transcontinental railroad. Many of the laborers were Chinese immigrants.



* May 4, 1979, was the beginning of the first Asian/Pacific-American Heritage Week observance in the United States.

More than six million Americans trace their ancestry to Asia and the Pacific Islands. This year's theme is "Asian/Pacific-Americans - Effectiveness - Empowerment - Enhancement."

"We selected this theme trying to describe how Asians and Pacific Islanders are effective, and through their effectiveness, they become more recognized and gain more influence. That's empowerment. Through all of our efforts, society as a whole will be enriched," said Ruth Sing Wong, executive director of the Asian/Pacific-American Heritage Council for the Washington, D.C., area.

The annual observance began as an informal week-long celebration in May 1979. Congress and President Bush extended the observance to a month in 1991.

(Continued on page 12)

Communities of Excellence (continued)

On the strength of that submission and an inspection by the Corps of Engineers, the District became one of the finalists.

In January, a Department of the Army judging team inspected the District and the other finalists, looking at the ways those organizations had improved working conditions for their employees. Some of the things they looked at were family support services, employee services, medical and wellness services, safety programs, local community relations, information management services and several more. The St. Louis District showed the team it was the best.

That the District won is all the more amazing considering its diversity in missions and location of field offices. The District has four locks and dams on the Mississippi River and one on the

Kaskaskia River. It also has five lakes, three in Illinois and two in Missouri. Its missions include flood control, navigation, regulation of streams and wetlands, environmental engineering, emergency operations, and many more.

Barbara Collier, Chief of Logistics Management for the District, involved extensively with putting the submission package together, said the Corps and Army inspectors were extremely impressed with the people in the District as well as the programs. "They said we were far better than the package we submitted," she said. "The Corps team even pointed out great things we are doing that were not in the written report. I think there has been an effort to improve our quality of life throughout the District for a long time. We have gotten too use to some of it and

don't realize all of the good stuff unless we visit or talk to someone from another agency."

The District has a permanent working ACOE committee that constantly looks for ways to improve the District's working conditions. The committee carries the philosophy of Colonel James Craig, the District's commander. According to Colonel Craig, "Our first priority continues to be maintaining employee commitment by continually working to improve their quality of life. The spirit of our team continues to shine through as we... demonstrate our commitment in doing the right thing for our family."

The award will be presented to the District Commander on May 21 in the Pentagon.



Recycling Corner



Spring is here! The flowers are blooming. The leaves are budding and the dog just got lost in the tall grass in the back yard. That means we've got to get out the old mowing machine and start the summer grass cutting ritual. There are some simple things you can do to that old mower that will make for less #!##, will

use less energy (that liquid gold we call gasoline), will make the job go a little faster and will extend the machine life.

Before you even pull the starter rope for the first time this year, three things should be done:

1. Change the oil in the engine crankcase. This is a very simple procedure. Get out a container to catch the used motor oil (don't forget to recycle it!

Most area service stations have a recycling program and take containers of used motor oil), loosen and remove the oil drain plug found underneath the mower, and loosen the oil fill plug to allow air to the crankcase so all the old

oil will completely drain. Replace the oil drain plug and refill the engine crankcase to the proper level with a good quality oil recommended in your owner's manual. **DO NOT OVERFILL.** Most of these small engines use a little less than a quart. Also, most of the fill plugs have a small stick gage attached to show the right oil level. Oil levels should be checked **BEFORE** starting your mower **EVERY** time.

2. Check the spark plug. Remove the spark plug and look at the tip. If the plug tip is dry and a gray-white color, the plug is probably all right and can be

put back in place. If the plug is not gray-white or over one year old, you should replace it.

3. Clean the air filter. Some air filters use a sponge-type element and some use paper. The paper element should be changed at least once each year and cleaned after every use. The sponge-type filter will last several years. It must be thoroughly cleaned (washed in a solvent like gasoline) two to four times per year, depending on the dust conditions. After cleaning, let air dry and apply a thin coating of oil to the sponge material. Reinstall the filter.

After every use, the mower should be cleaned of all dirt and debris including the grass that has accumulated and packed underneath. Clean equipment works more efficiently and lasts longer.

Happy cutting!

..... AND THE GOLDEN TRASH CAN AWARD GOES TO: The St. Louis District Employees who worked very hard to clean up the Poplar Street area behind our building on Earth Day 1992.

The clean-up site had become a haven for lost "medicinal-purpose" bottles, car bumpers, tires and wheel covers, a lost vacuum cleaner, ladies and gents "unmentionables," as well as paper and plastic containers of every variety.

We thank all the clean-up workers, those who brought all the yummy refreshments, our LM for all their assistance, Ms. Connie Armstrong from our cafeteria for providing the lemonade and cups and last, but not least, Janice Hitchcock for coordinating all the activities. In an effort to keep this area clean, Major Brontoli and Randy Curtis will be issuing a challenge to other agencies of the RAY Building to participate in future clean-ups.

Again, thanks to all who participated.

Change the oil
Check the spark plug
Clean the air filter



A mentor's role

By Carol Pitzer, Chief Information Management Office

The greatest thing that a mentor does is to provide upward mobility to a career in any area. Mentors can give you direction, make you visible to higher-ups, introduce you to organizational politics and its players, boost your self-image, give you a shot at significant responsibilities and counsel you in attaining the promotions you want. They can also help you choose the right career path and avoid the pitfalls along that path.

The Mentor can assist your career by speaking well of you to your superiors and by giving you exposure throughout the organization. You get both access and information and introductions to important people.

The Mentor can assist by helping you early on to design firm, clear, realistic goals and a program of career strategy and development. Mentors can help rectify a low salary by assisting you in negotiating a salary they know is equal for your male counterpart or peer.

Mentors can give you extra responsibility. If you successfully complete what they entrust to you, you prove yourself and can increase your visibility in the corporation.

Mentors can boost your self-esteem by believing in you. This in itself can give renewed confidence. Their faith can help you succeed. They can be a source of comfort or courage during a crisis. Their support can get you through those tough career decisions. They can even help you survive a partial failure with dignity.

A Mentor can help you expand your horizons. Once you learn to "think big," you never lose the perspective of setting goals that are unattainable for those that have small dreams. To be creative, you have to expand your mind and capabilities.

A Mentor can save you valuable time, by introducing you to the corporate structure, its politics and by teaching you the language of the corporation. The Mentor can tell you which offices/people to trust and which ones not to trust, and who will receive the most benefit by decisions made in the "Corporate board room." Mentors should understand the ethics and value of the corporation and pass that understanding to you.

Mentors develop the future leadership of the "corporation." They can use their influence to get you on the committees that are important, to brief those who are in power and assist you in writing memos/research papers in the format that will be noticed by the senior management.

Mentors can, when appropriate, begin to tear down the social barriers and help stamp out discrimination. The Mentor should be able to introduce you into social organizations/functions that will assist in the completion of business decisions. Women who are struggling to be accepted in the establishment are at a severe disadvantage by not being able to carry on business in these informal settings.

A Mentor teaches by example. If the Mentor has a prestigious position in the organization, she can be a role model in the way she handles herself in meetings, in crisis management, in decision

making and in who she networks with or supports.

Mentors impart valuable information. They have the inside information not readily available to everyone. They can tell you how a senior manager will react to a proposal, how to present new ideas and what ideas are already in discussion. But if you are given this information, you must keep the Mentor's trust and not leak important details to everyone.

A Mentor must give you feedback on your progress and mistakes. The Mentor can keep you within the realm of reality by frank, indepth conversations on how to improve your actions. The Mentor must be honest and you must be receptive.

The Mentor may recommend you modify your style because we never see ourselves as others see us. What guidance the Mentor gives you may influence your style for years. These conversations must be in total trust, and a two-way flow of information.

A Mentor must be all these things and more, a friend, a confident, a godfather, a protector. Sometimes it is advantageous to have more than one mentor. Mentoring gives a critical advantage to someone's career. Mentors must put their time and effort into that employee who can contribute to the corporate good, and help them grow. The best benefit will be to grow with them.

This article was written by combining ideas from numerous articles and books.



Asian/Pacific (continued)

Bush said Asian- and Pacific-Americans have worked hard to reap the rewards of freedom and opportunity. He said political and economic ties between the United States and countries in Asia and the Pacific are fortified by strong bonds of kinship and culture. "All Americans are enriched by those ties, and thus will proudly unite in observing Asian/Pacific-American Heritage Month."

When California Rep. Norman Y. Mineta introduced the House resolution, he said, "America has been called the melting pot of the world. Rather than the melting pot, this nation is like a tapestry with yarns of different fabrics and colors, interwoven to bring strength to our country."

Public Service Recognition Week - May 4-10

By Jim Garamone
American Forces Information Service

Government workers often feel like Rodney Dangerfield: They don't get any respect.

Public Service Recognition Week, May 4 to 10 this year, informs Americans about the talents and contributions of federal, state and local government workers. The week is sponsored by the Public Employees Roundtable, a coalition of 30 professional associations.

"We want to make people aware of the neat things government does," said Gretchen Hakola, roundtable spokesperson. "The only time most Americans become aware of the government is when there are mistakes. A smoothly running program just doesn't get much press."

Remembering Desert Storm dead on Memorial Day

By Evelyn D. Harris
American Forces Information Service

Memorial Day came early this year for the men and women of the 14 Quartermaster Detachment.

On Feb. 25, surviving members of the unit, based in Greensburg, Pa., gathered in front of a memorial built to honor 13 fallen friends.

On Feb. 25, 1991 a Scud missile hit their makeshift barracks, a warehouse in Dhahran, Saudi Arabia.

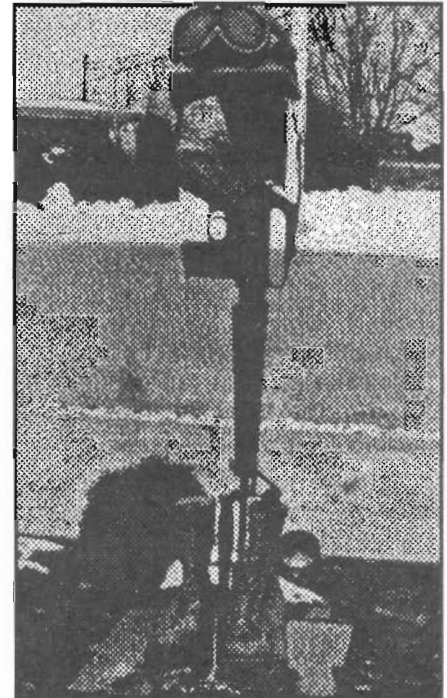
About 2,000 people crowded on the grass and on the reserve center's parking lot to dedicate the monument Feb. 25.

"We must remember, heroism is not measured only by bravery in battle. Heroism is measured as well by a willingness to serve, is realized in the striving, and is proven by the risk of being in harm's way when you are most vulnerable," said Army Chief of Staff Gen. Gordon R. Sullivan.

"This monument is a memorial to how all citizen soldiers live and to what they believe. This is a monument that honors all Americans who served," he said.

On the monument these words are inscribed: "They answered the

call of duty. They paid the ultimate price of freedom. They are not forgotten nor will they ever be. As we honor those who died, let us carry their example of service forward."



The helmet, M-16 and boots at the Desert Storm Memorial in Greensburg, Pa., symbolized a fallen soldier.

The week is designed to counteract this and showcase the contributions made by government workers at all levels. This year, planners forecast more than 1,000 celebrations encompassing all states and territories. In addition, many cities are sponsoring interagency festivals.

In Washington, D.C., a three-day blitz is scheduled. The National Mall will be taken over for

three days to highlight the contributions of government workers.

"The idea is to remind Americans that the government - no matter what level - is people and that government is accessible," Hakola said. "Make America Work for You' has been our theme since we started. We hope people will realize that government isn't some lofty idea, but their neighbors."



Reducing household hazardous waste

Recycling is only part of the effort to save the environment. Controlling or eliminating household hazardous waste is also a part. When it goes down the drain or into the trash, it can cause hazards such as injuries, fires and explosions, and contaminated groundwater.

Household hazardous waste includes: cleaners (drain, oven and upholstery, furniture polishes), paints and preservatives, pesticides, automotive products (oil, antifreeze, batteries), medicines and cosmetics, and home hobby supplies. Such items should be fully used up, given away, or stored until a hazardous waste program is organized in your community. Motor oil and batteries should be taken to a service station that recycles. And use less hazardous/safer alternatives such as:

ALL PURPOSE CLEANER:

Vinegar and salt: Mix together for a good surface cleaner. Baking soda: Dissolve four tablespoons baking soda in one quart of warm water. Or use baking soda on a damp sponge. Baking soda will clean and deodorize all kitchen and bathroom surfaces.

DISINFECTANT: Soap: Regular cleaning with plain soap and hot water will kill some bacteria. Keep dry: Mold, mildew and bacteria cannot live without dampness. Borax*: Borax has long been recognized for its disinfectant and deodorizing properties. Mix 1/2 cup Borax into one gallon hot water and clean with this solution.

DRAIN CLEANER: Prevention: To avoid clogging drains, use a drain strainer to trap food particles and hair; collect grease in cans rather than pouring it down the drain; pour a kettle of boiling water down the drain weekly to melt fat

that may be building up in the drain. Baking soda and vinegar: Put 1/2 cup of baking soda and 1/2 cup of white vinegar down your drain and cover the drain. Let set for a few minutes, then pour a kettle of boiling water down the drain to flush it.

FURNITURE POLISH: Olive oil and vinegar: Mix three parts oil to one part vinegar. Apply and polish with a clean, soft cloth. Olive oil and lemon juice: Mix two parts oil and one part lemon juice. Apply and polish with a soft cloth. Water spots: To remove water marks on furniture, rub gently with toothpaste on a damp cloth.

LIME AND MINERAL DEPOSIT REMOVER: Vinegar: Hard lime deposits around faucets can be softened for easy removal by covering the deposits with vinegar-soaked paper towels. Leave the paper towels on for about one hour before cleaning. Makes chrome clean and shiny. To remove deposits which may be clogging metal showerheads, combine 1/2 cup white vinegar and one quart water. Completely submerge the showerhead and boil for 15 minutes. If you have a plastic showerhead, combine one pint of white vinegar and one pint of hot water. Completely submerge the showerhead and soak for about an hour.

PESTS-ANTS: Flour and Borax*: Mix one cup flour and two cups Borax in a quart jar. Punch holes in the jar lid and sprinkle the contents around the house foundation. Keep Borax out of the reach of children and pets. Pennyroyal*, Spearmint, Southernwood and Tansey: Growing these plants around the border of your home will deter ants and the aphids they carry.

FLEAS: Vacuum: Vacuum,

remove the bag, seal it and dispose of it immediately (outside your home). Vinegar: A ratio of one teaspoon to one quart of water (per 40 lbs. of pet weight) in their drinking water helps keep your pet free of fleas and ticks.

ROACHES: Boric Acid*: Commercial roach formulas containing boric acid are available. Apply these according to directions for effective elimination of roaches. Borax* and flour: Mix 1/2 cup Borax and 1/4 cup of flour and fill a jar. Punch holes in the jar lid and sprinkle the contents along baseboards and doorsills.

MOTHS: Use cedar chips, newspapers and lavender flowers as deterrents.

Ingredients marked with an asterisk (*) are safer alternatives but not nontoxic. Keep these out of the reach of children and pets, and use caution while using them.

Wanted: More help by parents

A landmark survey of 25,000 eighth graders shows that what parents say they do and what actually happens is different.

U.S. Department of Education Office of Educational Research and Improvement shows that four out of five parents say they regularly discuss schoolwork with their children.

Two-thirds of the kids, however, say their parents rarely or never talk to them about school or schoolwork.

Parents' involvement falls far short of what is needed, leaving the burden of education on teachers and students alone.



Coming Events at the lakes

MARK TWAIN LAKE

May 9-30	Missouri State Museum Traveling Exhibit Program The Faces of War: Missouri Soldiers As They Were, Visitor Center
May 16	Armed Forces Celebration, South Spillway 3rd Annual Best Dam Run in America, Visitor Center
May 24	Music in the Park - Gospel Music, Visitor Center
June 6	Country Music Jamboree, Visitor Center
June 13-14	Craft Show and Sale, Visitor Center
June 13	Storytelling Festival, Visitor Center
June 27	Sandcastle Building Contest, Spalding Beach
July 2,3 & 4	Fireworks and Rodeo, South Spillway
July 19	Gospel Music Concert, Visitor Center
July 25-26	Indian Artifacts Exhibit, Visitor Center
Aug. 1	Mark Twain Photo Contest, Visitor Center
Aug. 8-9	Indian Pow Wow, Visitor Center
Aug. 15-16	Salt River Folklife Festival, Florida, Mo.
Aug. 22-23	Rock and Mineral Show, Visitor Center
Sept. 6	Gospel Music Concert, Visitor Center
Sept. 26	Fall Festival, South Spillway

REND LAKE

May 16	Armed Forces Day/Police Memorial Day, Visitor Center
June 6-7	Summer Daze Festival, Visitor Center
July 11-12	Rend Lake Arts & Crafts Fair, Wayne Fitzgerald State Recreation Area
Sept. 12	Take Pride in America Lake Clean-up

**Rend Lake Live: Saturday Night programs May 30 to Sept. 5, 7:30 p.m.,
Visitor Center**
**Environmental Science Series Workshops and Outdoor Skills Clinics,
Saturdays 10 a.m. to 4 p.m., Visitor Center**

WAPPAPELLO LAKE

May 16-17	Silver Bullet National Drag Boat Race
May 24	Water Fest '92"
June 13	14th Annual Armed Forces Day
Sept. 5	Dedication Historic Walk "Memory Lane"
Sept. 19	2nd Annual Handicapped Fishing Day

CARLYLE LAKE

May 31	Carlyle Lake Show, Shine & Cruise
June 21	Great Kaskaskia Duck Race



June 26	25th Anniversary Celebration of the lake
July 4	Water Sports Festival/Fireworks Spectacular
Sept. 26	National Hunting & Fishing Day

LAKE SHELBYVILLE

June 20	2nd Annual Lake Shelbyville Craft Show
July 18-19	Lithia Springs Chautauqua Living History Tours
July 24-26	Water Follies
Aug. 15	6th Annual Okaw Indian Festival
Sept. 1	Dove Hunt
Oct. 1	16th Annual Eco-Meet
Oct. 24 (tent.)	Lake Shelbyville Photography Contest
Nov. 20-22	Physically Challenged Deer Hunt

Accident Summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES* - APRIL 1992: Two

Total accidents for FY92: Eight

Total accidents for FY91: Ten

A District Office employee suffered strain to his neck and shoulder when he was struck by an elevator door as he was exiting.

A Lock and Dam Operator twisted his ankle and knee when he lost his balance while attempting to throw line off of a kevel on a barge.

* Lost-Time Accidents

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - APRIL 1992: None

Total accidents for FY92: One

Total accidents for FY91: Nine

GOVERNMENT VEHICLE ACCIDENTS* - APRIL 1992: None

Total vehicle accidents for FY92: None

Total vehicle accidents for FY91: Two

*Vehicle accidents with total monetary damages of \$2,000 or more

LAKE FATALITIES - APRIL 1992: None

Total lake fatalities for FY92: One

Rend Lake - 1

Total lake fatalities for FY91: Four

Lake Shelbyville - 1

Mark Twain Lake - 1

Rend Lake - 1

Wappapello Lake - 1

Another try on Major Marszalek

Some of the facts in the short article on Major Marc Marszalek were misinterpreted between initial interview and final story. Here is a redo. We appologize to the major for any embarrassment.

Maj. Marszalek is originally from Lake Geneva, Wisconsin. He came to the District from Stevens Point, Wisconsin. He worked in the Chicago District as a civilian, and in Albaton, Saudi Arabia, as a captain. He participated in Operation Desert Storm as a Facility Construction Engineer in the 3rd Army, Headquarter Staff.

Soapbox Continued

Missouri. He was on the "Coffee Break Morning Show" to promote special events at the lake, discuss the opening of facilities, vandalism and illegal dumping. He also conducted a phone interview with KBOA radio in Kennett, Missouri.

Park Ranger Douglas Nichols conducted a tour of the lake and did an interview with the Puxico Press newspaper. He discussed the update on recreation facilities, rehabilitation of Chaonia Landing and the opening of facilities for the recreation season.



Putting hernias in their place

By Carlos A. Pizzimbono, M.D.
BarnesCare General Surgeon

You've probably heard of hernias - maybe you've even had one before. These common ruptures or bulges in the abdominal wall usually affect men, although women are not immune. If you'd like to know if you're at risk of getting a hernia, keep reading. And if you are at risk, you'll be glad to know that today hernias are more treatable than ever. Here, I've offered answers to some common questions about hernias that my patients often ask.

WHAT CAUSES HERNIAS?

A hernia develops because of a weakness in a layer of the abdominal wall, usually in the groin or pubic region. This defect is often present from birth, but may not cause a problem until the patient engages in strenuous activity, such as heavy lifting. Then, the extra pressure of internal organs against the weak area protrudes through

the stomach muscles, creating a bulge or rupture. Construction workers and other heavy laborers are at particular risk for developing hernia.

WHAT CAN I DO TO PREVENT OR MINIMIZE MY CHANCES OF GETTING A HERNIA?

Prevention is not always possible, but light exercises that strengthen the lower abdominal muscles may provide some protection. Even so, about five percent of males whose jobs involve heavy lifting will eventually develop a hernia.

WHAT IF I ONLY OCCASIONALLY LIFT HEAVY OBJECTS - AM I SAFE FROM HERNIA?

While repeated heavy lifting can increase your chances of developing a hernia, it only takes one time for a rupture to occur. Don't consider yourself safe if your job is sedentary, such as working at a desk. Even a weekend of moving heavy furniture or helping with a

backyard construction project can cause a hernia to develop.

HOW CAN A HERNIA BE TREATED?

Here is good news: surgery for hernia has become more convenient and less costly in recent years. Hernia repair, which once required general anesthesia and an overnight hospital stay, is now done with a local anesthetic, and patients can return home in just a few hours. Patients whose jobs are primarily sedentary can usually resume work in one week; those whose jobs involve heavy lifting can return in four to six weeks. Also, new techniques have been developed to reduce the chance of a hernia recurring. One involves implanting a mesh in the tissue around the defect to reinforce that area. If you are sidelined by a hernia, don't ignore the problem. Even though a hernia is unpleasant news, it is more easily treated than ever before, so see your doctor.

Fight cholesterol with copper

Researchers at the University of North Dakota have discovered that changes in lighting increase cholesterol levels in laboratory animals. The normal night-day lighting was changed to patterns similar to those experienced by shift workers.

One more important factor was included in the research: the level of copper in the animals' diets. Those who were fed a diet sufficient in copper were much less likely to have greatly increased cholesterol levels.

Previously, studies in Sweden and elsewhere showed that copper deficiency increased blood pressure and cholesterol in human beings and produced harmful changes in

electrocardiograms in men and women.

Getting foods that supply enough copper to our diets is an important matter for everyone. Considering the findings of the North Dakota study, however, it appears that copper is even more important for those working second and third shifts.

It is estimated that two-thirds of North Americans consume less than the 1.5 milligrams of copper per day that is thought to be the minimum required for healthful operation of the human body.

The richest sources of copper are oysters, liver, cocoa, blackstrap molasses and black pepper. Lobster, nuts, seeds and whole wheat are also good sources.

Take migraine to the shower

At the first twinges of migraine headache pain, get into cool water.

Dr. Augustus Rose of the UCLA School of Medicine says cold water shocks blood vessels into constricting. They will exert less pressure on adjacent nerves, which is what causes the migraine.

Taking a migraine to the shower can work too. First use hot water (which may intensify pain momentarily), then shock the blood vessels with cold water. You may need to repeat the process a couple of times, but at the very least, says the doctor, the pain will be much less if it doesn't disappear entirely.



To your health

Myths that can drown you

By Anne Vieira, OD-RM-C

One sultry July afternoon as I looked toward the beach of the Missouri lake where I worked as a park ranger, I noticed two children cavorting in the water about 10 feet from shore. The little girl was practicing the sidestroke, while the boy bobbed up and down, splashing and tilting back his head as though he were laughing.

I knew he was in trouble.

I ran toward the water while looking around for something to throw to him. But by the time I reached the sand, both children were stumbling toward dry land, leaning on one another for support. They flopped down on the beach, obviously out of breath and shaken.

"Are you all right?" I gasped.

The trembling little girl answered, "Tommy almost drowned and I didn't know it! He didn't yell 'help' and I thought he was just playin'!"

Why didn't the little girl realize her brother was in trouble? Because she, like most people, failed to recognize the obvious signs of drowning. Tommy nearly fell victim to a common water safety myth.

Drowning is avoidable

"We, as a standard part of growing up in America, may be conditioning young people to aquatically self-destruct," says David S. Smith, Ph.D, a retired commander of the U.S. Coast Guard. Smith contends, "Drowning is a highly preventable, avoidable tragedy, if we are willing to do something about it."

One thing we can do is become aware of and help dispel some of the water safety myths that can kill us. Try this true-false quiz to test your knowledge of some common water safety myths.

1. A drowning victim will wave frantically while yelling for help.

2. Wait at least 30 minutes after you have eaten before swimming.

3. If your boat capsizes, leave it and swim to the nearest shore.

4. A drunken person will sober up immediately when he hits the water.

5. If you fall into water with your clothes on, take them off so they won't weigh you down.

6. Once under water, you have only four minutes to live.

If you answered false to each question, give yourself an A-plus.

Let's take a closer look at these myths that can kill.

1. A DROWNING VICTIM WILL WAVE FRANTICALLY WHILE YELLING FOR HELP.

False. Breathing is the drowning victim's main concern, so speech and yelling for help become secondary, if not impossible, during the short periods the head is above water. This struggle to keep the head above water is actually hindered by instinctive arm movements that push the victim up and down by thrashing the water with both arms.

To understand what happens to someone in a drowning situation, Red Cross lifesaving consultant Frank Pia jumped into deep water, his legs tied together and weighted to simulate the struggles of a non-swimmer. An assistant held a rope tied around Pia's chest for safe rescue.

A videotape of Pia's movements in the water reinforced his earlier conclusion that non-swimmers in danger of drowning exhibit some instinctive movements that may look like playfulness to the casual observer. According to Pia, these are the signs of a drowning victim: His arms thrash in a pattern like an upward breast stroke, causing him to bob vertically in the water. His head is tilted back. His mouth is open, but only rarely is he able to yell for help.

2. WAIT AT LEAST 30 MINUTES AFTER YOU HAVE EATEN BEFORE SWIMMING. False. How many children have sat on the side of a swimming pool waiting impatiently for the magical 30 minutes to pass? "I have yet to find one water-related death ascribed to stomach cramps," declares Smith.

"In fact, if you don't eat before swimming, you aren't as warm and tend to run out of energy more rapidly." Overeating before any strenuous exercise is dangerous. A modest meal, however, fuels the body for exercise.

3. IF YOUR BOAT CAPSIZES, LEAVE IT AND SWIM TO THE NEAREST SHORE. False. Boaters who turn their boats over in mid-stream or the middle of a lake will often choose to leave the vessel and swim to shore. Unfortunately the shoreline always looks closer than it really is. Most boats will not sink even when overturned. By staying with your capsized boat, you'll have something to hold onto to keep your head above water. You'll also be easier for rescuers to spot.

(Continued on the next page)

**Myths (continued)****Booze can drown you**

4. A DRUNKEN PERSON WILL SOBER UP IMMEDIATELY WHEN HE HITS THE WATER.

False. "Once you've consumed alcohol, nothing but time will sober you," notes Smith. A person who is legally drunk (.10 blood alcohol concentration in most states) would need at least seven hours without drinking to get rid of the alcohol in his bloodstream. Alcohol affects both the muscles and the brain. "The in-water result of this impairment," adds Smith, "is especially telling on a poor swimmer. Someone who has less than super swimming form when sober is particularly troubled when drunk in the drink."

5. IF YOU FALL INTO WATER WITH YOUR CLOTHES ON, TAKE THEM OFF SO THEY WON'T WEIGH YOU DOWN.

False. "Snowmobilers Perish Stripping in Icy Lake" announced the headline over a story about the drowning deaths of two men and two women who had listened to this water safety myth. All four victims apparently panicked after plunging into the icy water. They immediately began stripping off coveralls and snowmobile boots as the frigid temperature took its toll of their ability to move and, more important, to think. The man and woman who survived the accident had given no thought to their clothing, but quickly found their way to the edge of the ice and pulled themselves to safety.

Again, David Smith emphasizes using common sense. "Water doesn't weigh more than water. In other words, water filling your clothing does not increase your weight IN THE WATER. In fact, clothes can actually help you float. The more layers of clothing you wear, the more you are supported by air trapped in the clothing. Just float on your back and don't

struggle. Most people who drown are wearing clothes. They just don't know how to relax and let the trapped air assist them. So learn how to float, first in shallow water, wearing clothes. Then you won't panic and needlessly attempt to remove your clothes."

Clothing also keeps you warmer in cold water. Because your body loses heat 25 times faster in water than air (even faster if the water is flowing), clothing can easily make the difference between survival and death. And by keeping your clothes on you won't use up precious energy struggling to get them off.

6. ONCE UNDER WATER, YOU HAVE ONLY FOUR MINUTES TO LIVE. False The simple fact is that particularly when the water is cold - below 70 F - the coldness could actually save your life. Cold water triggers an involuntary reaction known as the mammalian diving reflex, which slows down metabolism and cuts oxygen needs dramatically. The heart may only beat once per minute as blood is restricted to vital body organs. The victim may appear in every respect to be dead - pale skin, body stiffness and no apparent pulse. But with proper rewarming techniques, a cold-water near-drowning victim can be saved.

Don't stop searching

Newspaper accounts of people surviving cold-water immersion for as much as an hour show that giving up on a victim who's been underwater for more than four minutes can be a tragic mistake. "What all this comes to is that no drowning victims are dead until they are warm and dead," declares Smith. "Any victim of any age should be given the benefit of the doubt. They should be properly rewarmed in a clinical setting to near normal body temperature before final decisions are made."

Mother's Day 1992

When the first Mother's Day was celebrated in 1907, mothers were honored, in part, for the tremendous amount of physical labor involved in caring for a family.

Now the washboards are gone, and so is the axe many moms used to chop wood for the cooking stove.

In many ways, however, modern living has placed mothers in a more difficult position than before. Raising children in the 1990s carries responsibilities our great grandmothers could not have imagined.

Even today's grandmothers are thankful that they are not the ones to cope with modern problems like drugs and new diseases.

Motherhood has always been fraught with risks and plenty of work. But most mothers would not exchange the experience for any other, and for that we are thankful.

Happy Mother's Day to all of our much-loved, hard-working mothers.

Condolences

Russell E. Huber, who retired in 1969 from the Design Branch, General Engineering Section, passed away recently.

Richard Sondag, Chief Engineer on the Dredge Ste. Genevieve, who retired in 1973, passed away on April 9.

Mrs. JoAnna Puricelli, mother of Rosemary Puricelli, RM-B, passed away on April 17.



Retiree Review

By the Retiree Correspondant

It is again time to get a few items of interest together concerning the April 16 Retirees lunch and meeting for the ESPRIT. There were 32 attendees and it was by unanimous vote that Col. Craig was awarded 32 "ATTABOYS" for again getting the ESPRIT out on time. It is almost unbelievable. Thank you Col. Possibly PA should get some credit, so we will give PA 10 ATTABOYS.

The turnout of 32 was encouraging as it was an increase of nine over the March meeting. The increase may have been because some of the "fly south" winter birds have returned and some that we haven't seen for some time were present.

Jim and Celeste Baker are back from California and Ruth Pollaro decided it was time to get out of Texas. Welcome back and please continue to attend the retirees monthly meetings.

There were also a number in attendance that we have sorely missed for some time: Virginia Herald, Virginia Dillow and Evelyn Grote. Dan Flippen abdicated his cherished position of not missing a single meeting for the past two meetings, but Loren and Dorothy Ligon have again started a string of one without missing. We also have ONE retiree who has a 100 percent perfect attendance - Bob and Barb Lutz. Bob retired the first part of March and hasn't missed a meeting since he retired.

We missed Ray Rinkel in March, but he was with us again in April and, as Elmer commented, he looked 10 years younger since he got a hair cut. Guess that means he looked like a 55 year-old.

The District Engineer again had a most competent representative in the person of Lammert "Red" Buchhold to give us a District update. It seems the District does, at present, have a good workload with Mel Price Locks and Dam, East St. Louis Flood Control, Cape Girardeau Flood Control and other projects, but the future still looks dim for new projects as the on-going ones are completed. He also touched on what Dave Harley reported, that one of the main concerns was the possible mandatory reduction in force and that Col. Craig was taking every action possible to alleviate this problem. When asked how the reorganization of the Corps was progressing, Red reported that it was still an on-going project, as far as he knew, but there was no information on how it was progressing or what the recommendations might be. In reference to future projects Red reported that

Anson Eickhorst has been assigned to the "Front Office" in a position that in the private sector would probably be called a "Manufacturers' Representative." His job is to assure that the various public and political entities are aware of what the Corps can do, how the Corps can assist them and the procedures to secure this assistance.

George Clapp reported that Betty has been in the hospital for the past three weeks with fluid on the lungs. George also said that Joe Nichols is seriously ill with cancer. Kate Stiles said that Carl Barron is also very sick and can hardly walk. Sylvia Reininga was recently hospitalized for an operation, but is now recuperating at home.

In the past the selection of the longest retired person present was usually looking around to see if Howard Bienne, Clifford Forderhase, or William Haynes was present, since one of them would be the longest retired. Last month we had to "poll" the attendees and Joe Tadlock won out. This month we had to again "poll" and Ray Rinkel won the honors.

We missed Jim Butery again, so nothing further on his two goals in life, one to retire and the second to get married. Come on Jim. Get to our next meeting and give us a full report.

Loren Ligon agreed to tell a couple of jokes IF a certain individual would listen so he could hear and not complain about not being able to hear. Loren, it is a pleasure to say that all present heard your jokes and they were worth hearing. One of the ladies present had a member of the opposite sex tell her joke about the new John Wayne, T.P.

Elmer Huizenga passed out to all who wanted it a pamphlet on "What You Should Know About Advance Directives" which pertains to Medical Treatment Directives and Living Wills and the Signature and Attestations and Durable Power of Attorney forms. He also offered to assist anyone present that might need help in completing the forms.

One other item was discussed and that was the fact that the Retiree Review in the April ESPRIT was too long, forcing PA to eliminate the cute figure that was always at the start of the review. Please, PA, get that figure back on the Retiree Review page.

Almost forgot, the discussion concerning plans for a visit to the District Office was postponed until the May meeting.



ENEMY CODE MESSAGE ALERTED U.S. FLEET

TIDE TURNED AFTER MIDWAY

It took only five minutes to change the course of World War II in the Pacific.

At 10:20 a.m. on June 4, 1942, the Japanese empire was riding the crest. Planes were landing on the fleet's carriers following an attack on Midway Island — part of the Hawaiian Islands chain. The Japanese strategy was to take the island and force the American fleet to a climactic battle.

The plan depended on the United States doing exactly what the Japanese forecast. Japanese planners thought the U.S. fleet would be at Pearl Harbor and be surprised by the attack on Midway. When the fleet left Pearl Harbor to challenge the Japanese juggernaut, the Japanese expected to annihilate the U.S. force.

At 10:20 a.m., the Japanese could still have won the war. By 10:25 a.m., this was no longer possible. Months earlier, American intelligence had broken the Japanese navy's code, allowing the Americans to place a fleet in position to attack the Japanese.

On the day of the battle, the Japanese launched a strike against Midway Island. At the same time, aircraft from Midway and U.S. carriers took on the Japanese fleet.

The Japanese repelled the Americans. Low-level attacks brought the Japanese combat air patrol down to the decks. Casualties in the slow U.S. Navy torpedo squadrons were heavy. From the USS *Hornet's* Torpedo Squadron 8, for example, only one man survived to be plucked from the water the next day.

At 10:20, the Japanese were readying a strike against the U.S. force. Within five minutes, dive bombers from the U.S. aircraft carriers USS *Enterprise* and USS *Yorktown* attacked the Midway

striking force. When the aircraft left the scene, the Japanese carriers *Akagi*, *Soryu* and *Kaga* were in flames. A fourth Japanese carrier — the *Hiryu* — was attacked and sunk later in the day.

Japanese Commander of the Combined Fleet Adm. Isoroku Yamamoto believed the Japanese must annihilate the U.S. fleet in 1942 or lose the war. The two squadrons of U.S. Navy dive

bombers ended Japanese dreams of victory.

Much hard fighting remained. The United States needed three more years and the atomic bomb before the Japanese surrendered. But after Midway, the corner was turned. The battle marked the end of Japanese expansion and the beginning of the American road to victory.

